

# Capture the Spark – Health Change Worksheet

Right now you feel ready to change – that's awesome! Before this feeling slips away, grab a pen and take 10 minutes to write down exactly why this matters to you. This quick page will turn today's fire into a plan you can follow even on the days you don't feel like it!

Do this RIGHT NOW while you are feeling it...

1. What specifically do I want to change about my health or body? Be brutally specific – not “get fit,” but “stop eating after dinner” or “be able to hike without knee pain.”
2. Why does this bother me right now? How do I feel when I think about it? Name the emotion: ashamed, trapped, tired, scared, frustrated?
3. If nothing changes, what will my life/body/health look like in 1 year? In 5 years? Make it real. Paint the ugly picture.
4. What would “good” actually look/feel like? Describe a normal day when this problem is solved. Be sensory: how you look in the mirror, how clothes fit, energy level, confidence, etc.
5. What do I believe I would need to do to make this happen? List the 2–3 non-negotiable behaviors, not vague goals. Example: “Cook dinner at home 6 nights a week,” “Strength train 3x/week,” “No phone in bedroom.”
6. Why is this going to be hard for me? What always pulls me back? Name the real obstacles: stress eating, partner who sabotages, all-or-nothing mindset, weekends, etc.
7. One-sentence reminder I will read every morning for the next 30 days. Write it now while you're emotional. Example: “I refuse to be the person who feels trapped in this body for another five years.”

Real Talk #1

This is going to be hard. Like, legitimately hard. You will hate it some days. That's normal and expected.

Real Talk #2

You're going to wake up many mornings and not want to do this AT ALL. Do it anyway. Wanting to do it is a lie motivation tells you.

Real Talk #3

You're not going to be good at this when you first start. You'll feel awkward, slow, and clumsy. Everyone does. That doesn't mean the plan is wrong – it means you're learning.

